



KEYS TO EFFECTIVE HEALTH PROMOTION



Key #16: Effective program strategies for health promotion, part 2

Evaluation of successful Army health promotion programs has revealed several key program strategies to increase program effectiveness and impact overall Soldier health.

Strategy #5: Using a small number of targeted priorities maintains program focus.

- Needs assessment data can be used to identify leading health needs and also high risk populations.
- Choosing a handful of specific health needs on which to focus will maximize efficient use of resources.
- Keeping the program focus small will avoid duplication of other ongoing installation programs.

Strategy #6: Use standardized processes whenever possible.

Think Lean Six Sigma!* Reduce the amount of variation within your health promotion programs by standardizing all the processes needed for program planning and implementation. For example:

- Use the same spreadsheet format for data collection so that the columns are in the same order. This way you can compare data more easily.
- Reuse the same forms for enrollment and attendance. Change the heading as needed.
- Look at other programming processes (like registration, evaluation, marketing, etc.). What parts of those processes can be standardized?
- The Health Promotion and Prevention Initiatives website (<http://chppm-www.apgea.army.mil/dhpw/Population/HPPIFunction.aspx>) has many standardized program resources in a variety of topic areas.

**Find out more about Lean Six Sigma at <http://www.army.mil/ArmyBTKC/focus/cpi/tools3.htm>.*

Strategy #7: Program delivery methods should be flexible and adapted to population needs.

- Delivery of products and services may depend on: unit needs, training requirements, other scheduling considerations (such as work/duty schedules, school scheduling, etc.), participant preference, and/or availability of staff or space.
- Be flexible: the same produce/service delivery methods may not work for every population.
- Some units may want services provided to them as close as possible to the unit location; other units may prefer as many services as possible bundled together at once (regardless of location).
- Take health promotion and preventive medicine beyond the walls of the MTF in order to meet leadership and Soldier needs. Answer the question: "How can we best help leadership and Soldiers to fulfill their mission?"

*To access the complete set of Keys to Effective Health Promotion, go to: <http://chppm-www.apgea.army.mil/dhpw/Population/keys.aspx>.
For questions about the HPPI Program contact us at: hpqi_program_info@amedd.army.mil.*